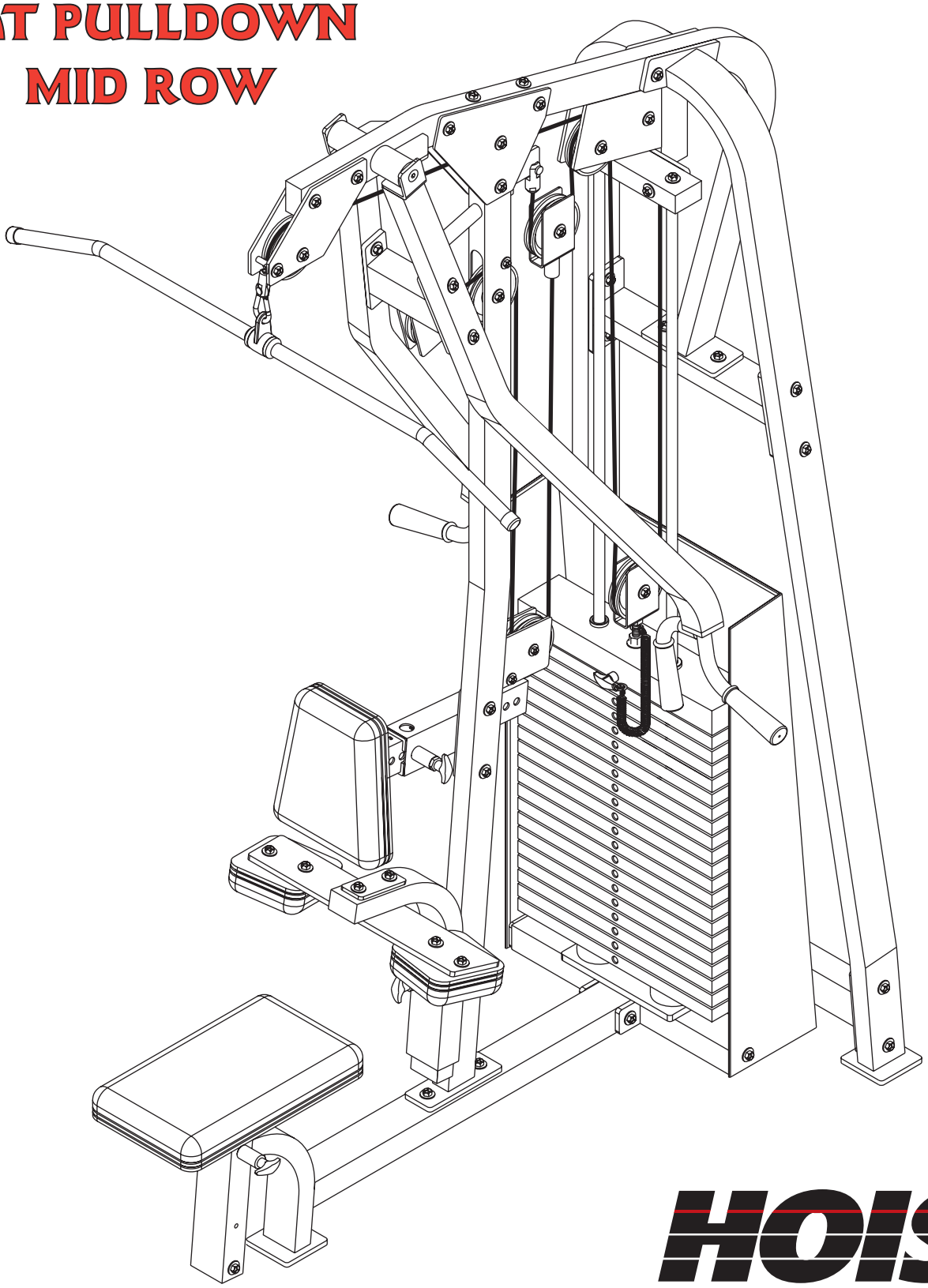
Dual 200

LAT PULLDOWN
MID ROW



HOIST®
FITNESS SYSTEMS

CATALOG NUMBER
0600-001

ASSEMBLY INSTRUCTIONS

D200
Lat Pulldown
Mid Row

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D200
Lat Pulldown
Mid Row

INSTRUCTIONS

Before beginning assembly please take the time to read the instructions thoroughly. Please use the catalog in this manual to make sure that all parts have been included in your shipment. When ordering use the part number and description from the catalog. Use only Hoist replacement parts when servicing. Failure to do so will void your warranty and could result in personal injury.

Hoist equipment is designed to provide the smoothest, most effective exercise motion possible. After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call your authorized Hoist dealer. Be sure to have your serial number and this catalog when calling. When all parts have been accounted for, continue on to Step 2.

TOOLS REQUIRED

3/4" Combination Wrench

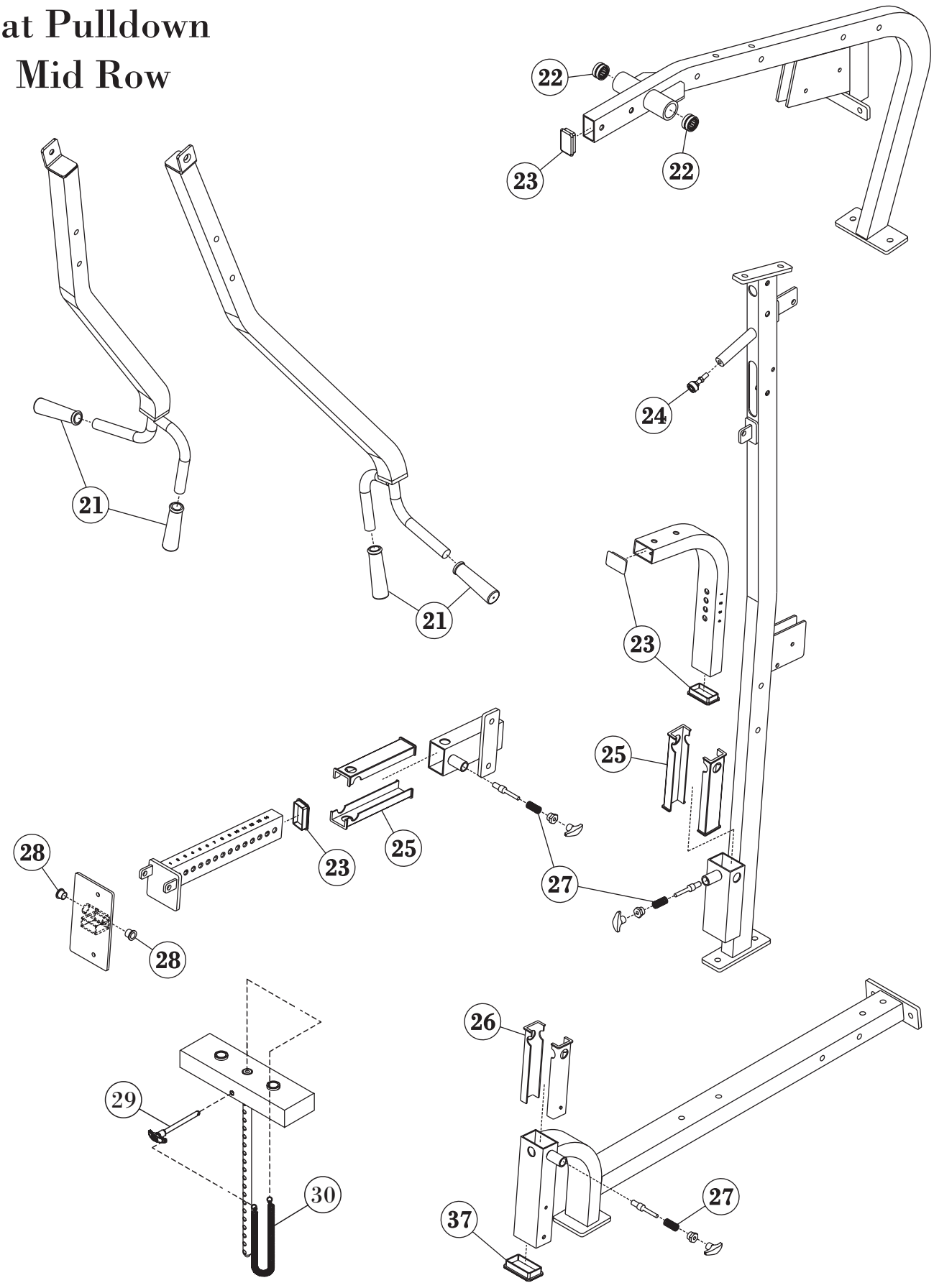
Hand Ratchet

9/16" - 3/4" - 1/2"
Sockets

1/2" Variable Speed Drill

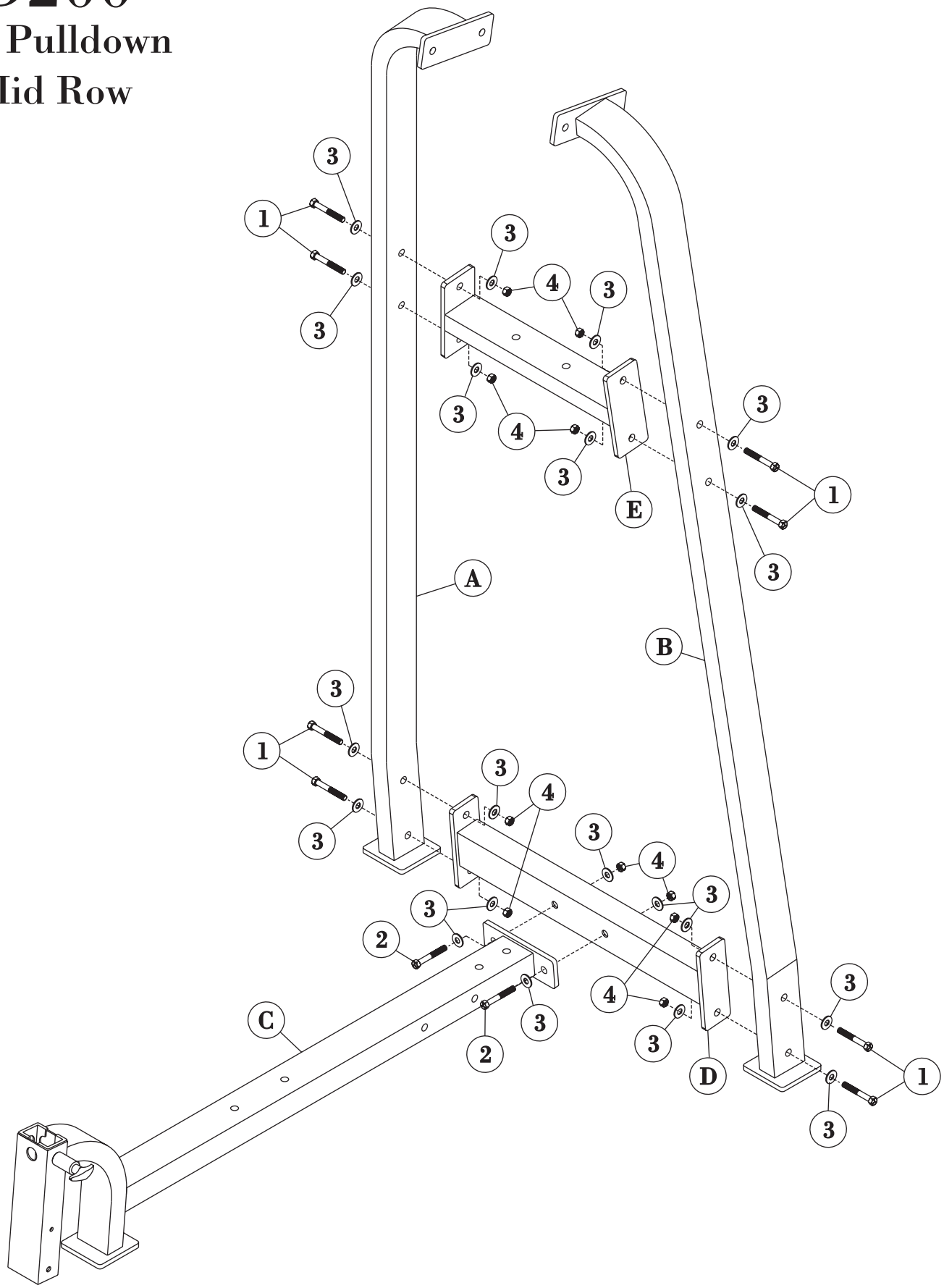
D200

Lat Pulldown
Mid Row



D200

Lat Pulldown
Mid Row



D200

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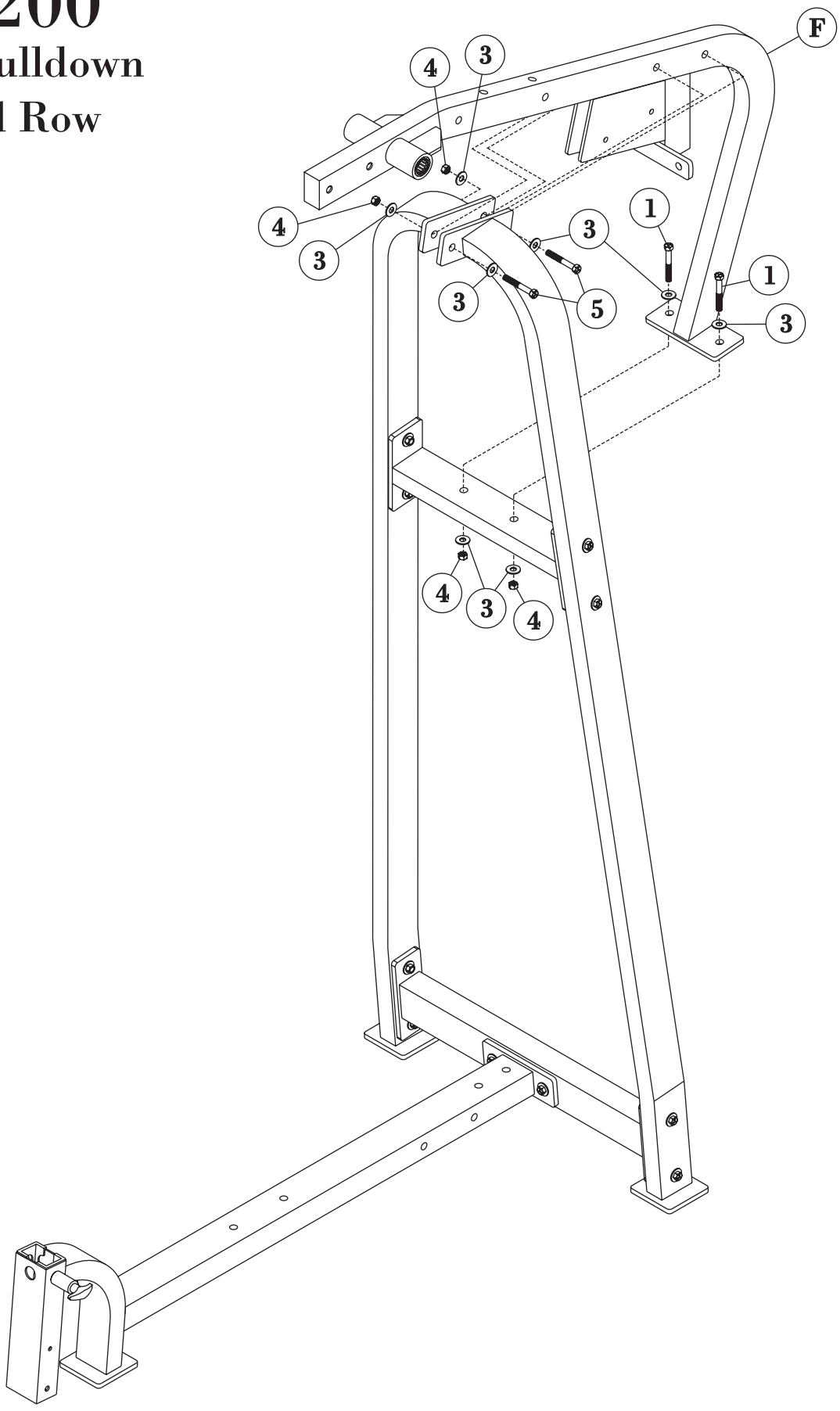
Mid Row



D200
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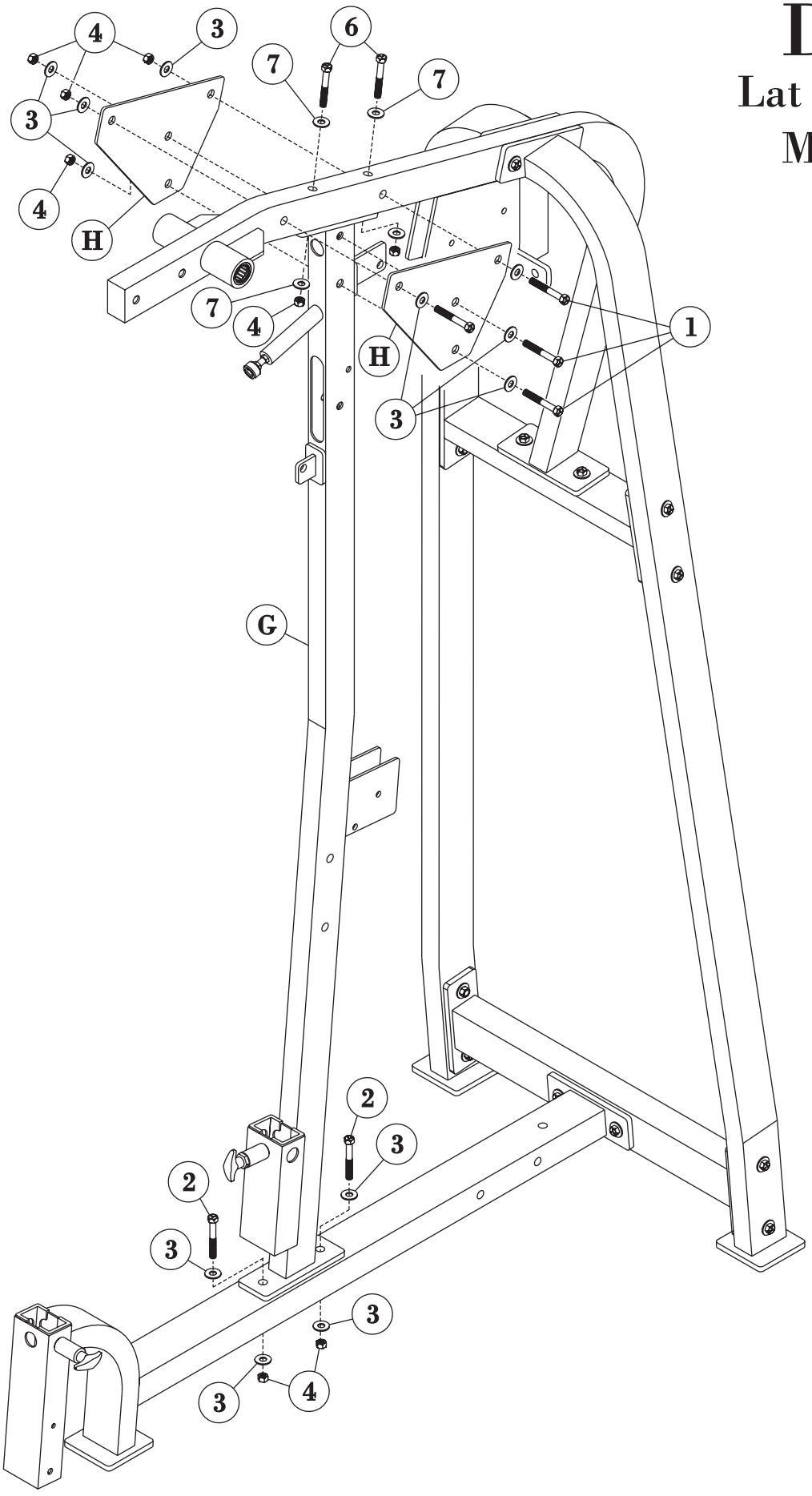
Mid Row



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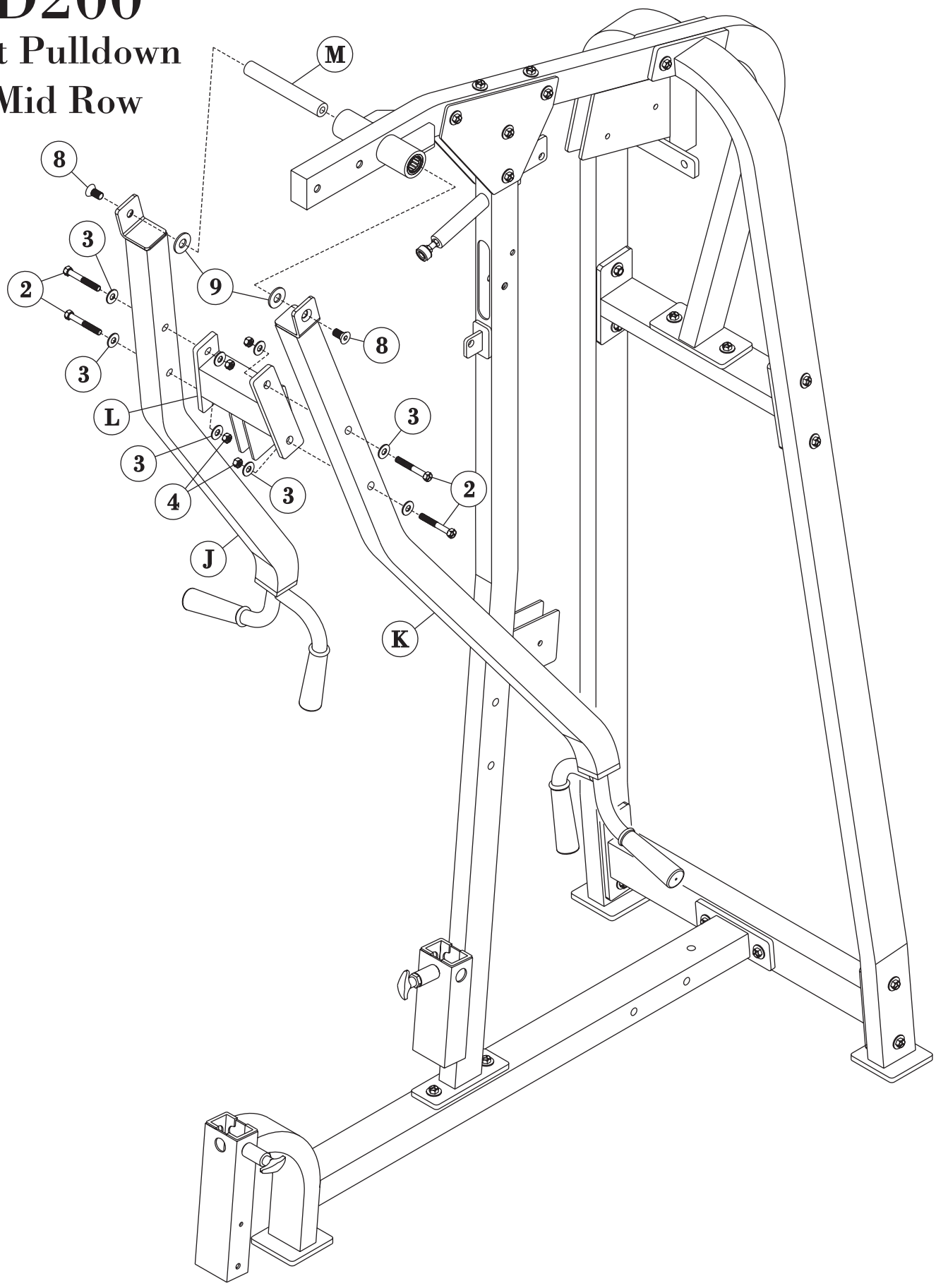
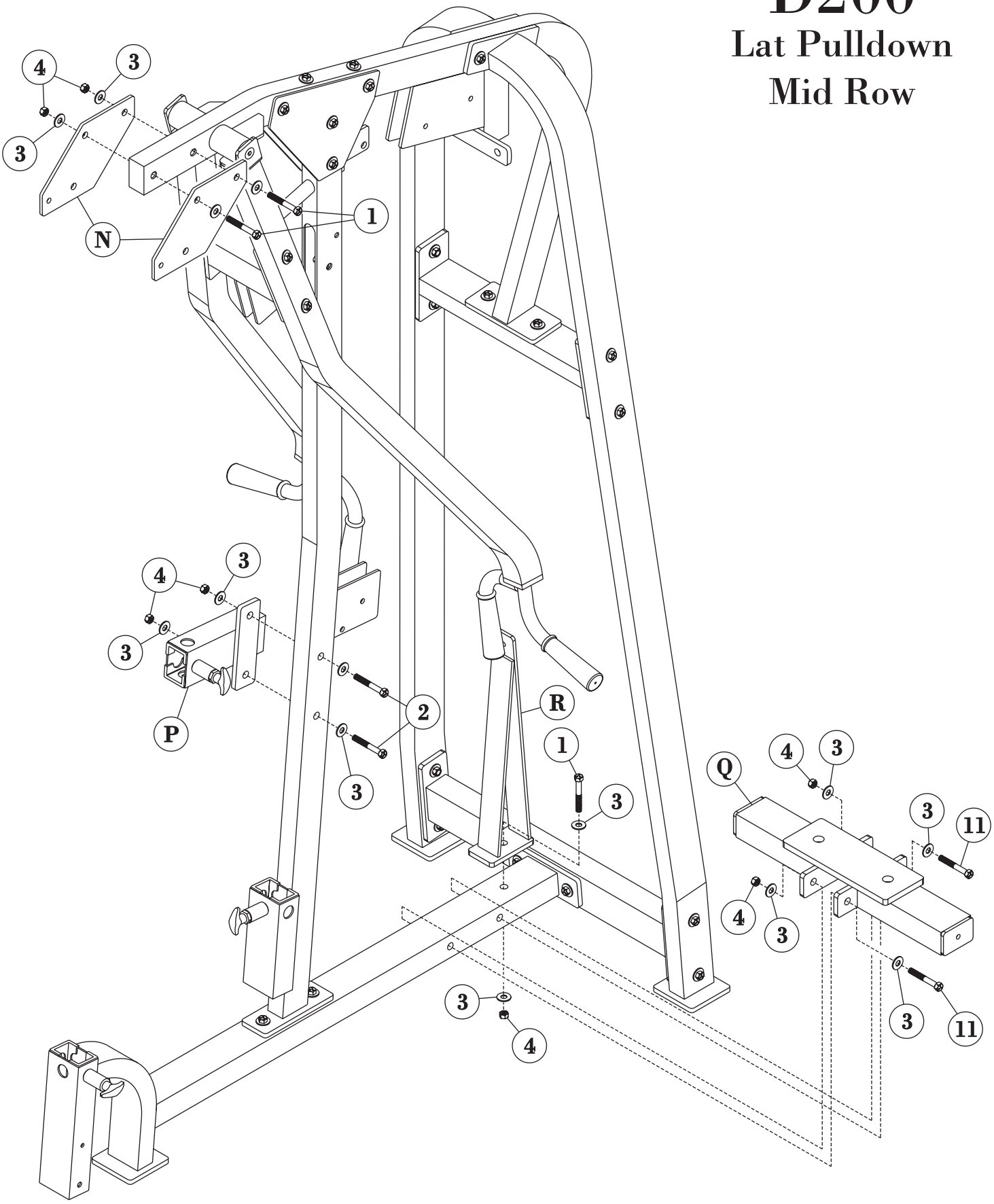
Lat Pulldown
Mid Row



D200

Lat Pulldown
Mid Row



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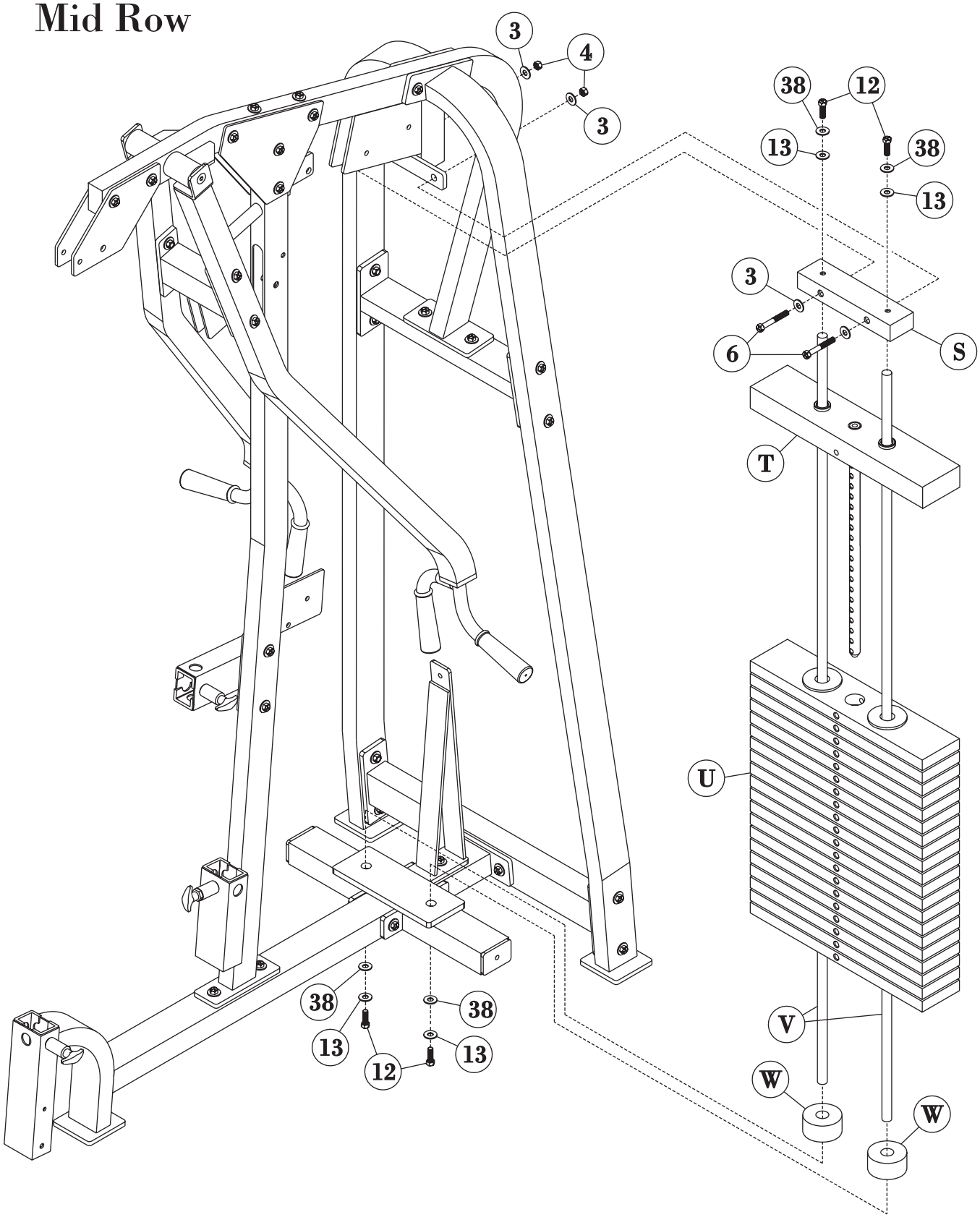
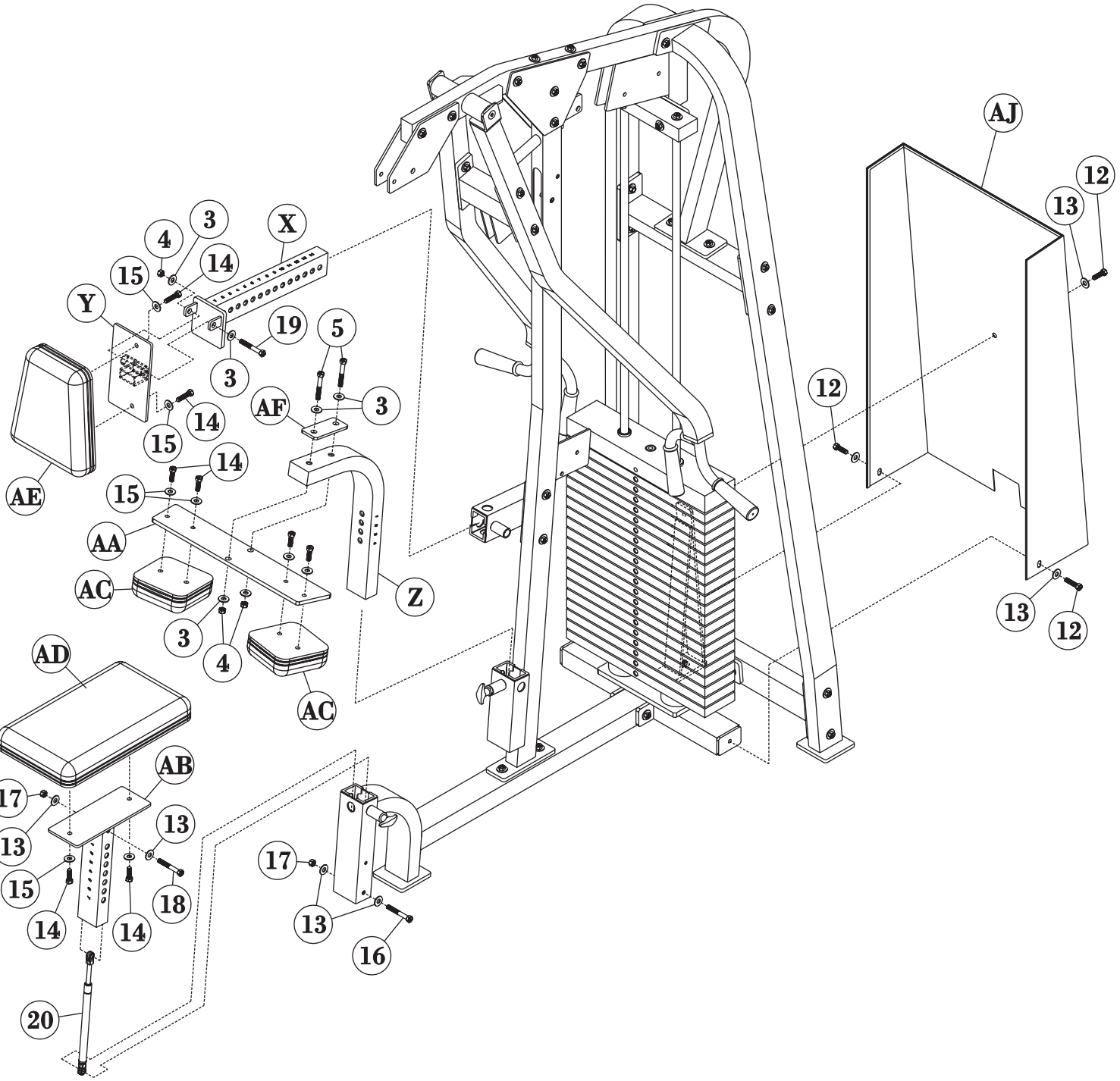
Lat Pulldown
Mid Row



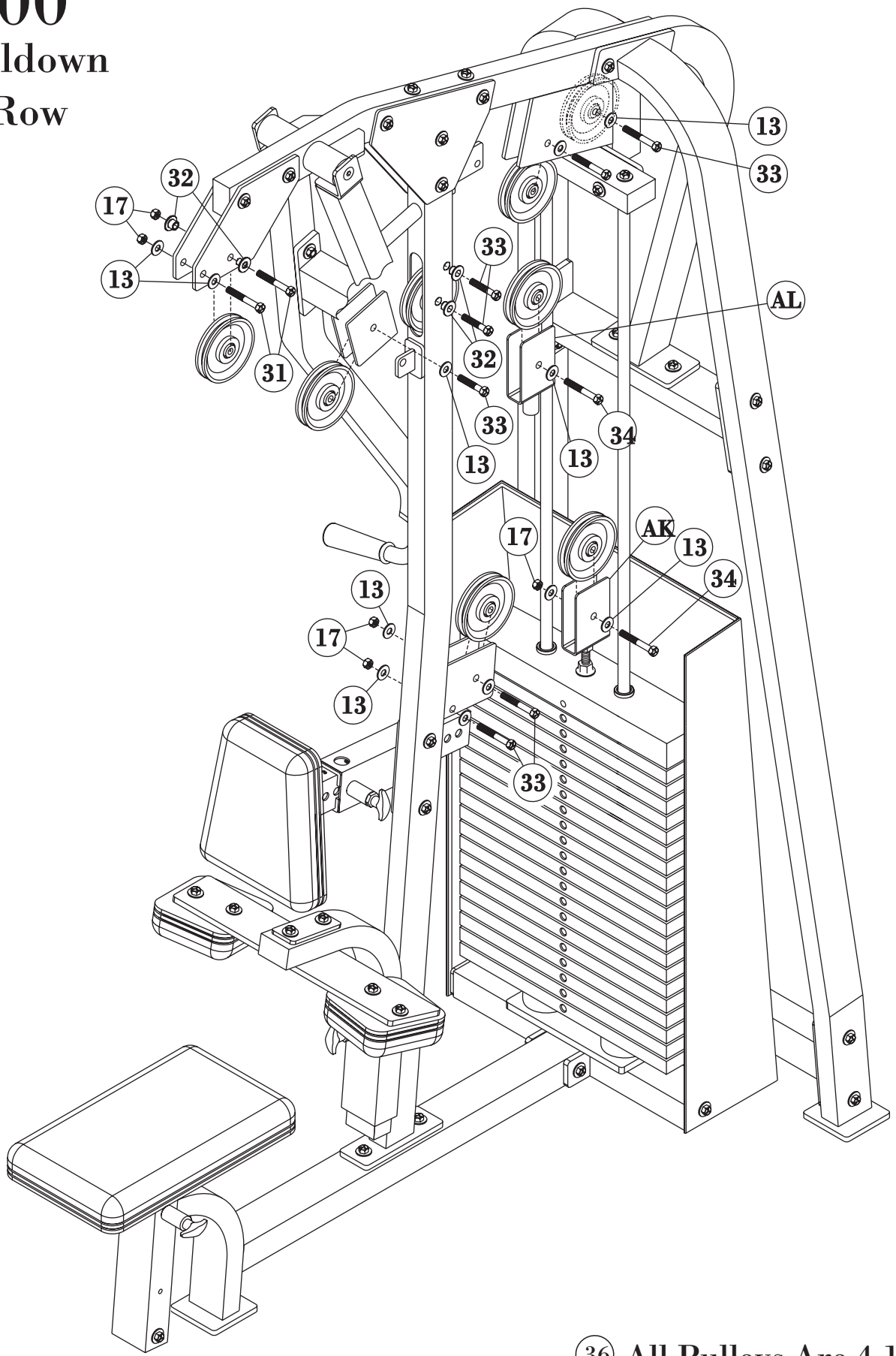
D200

Lat Pulldown
Mid Row



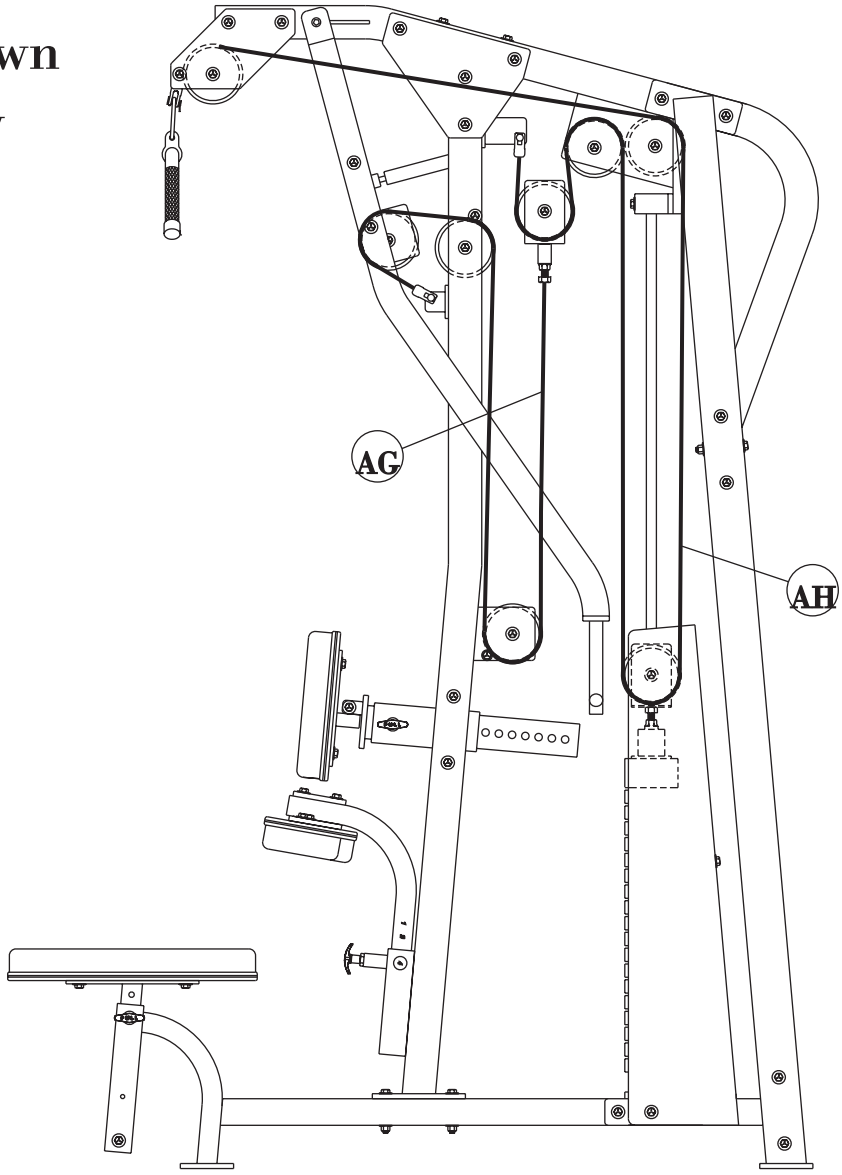
D200

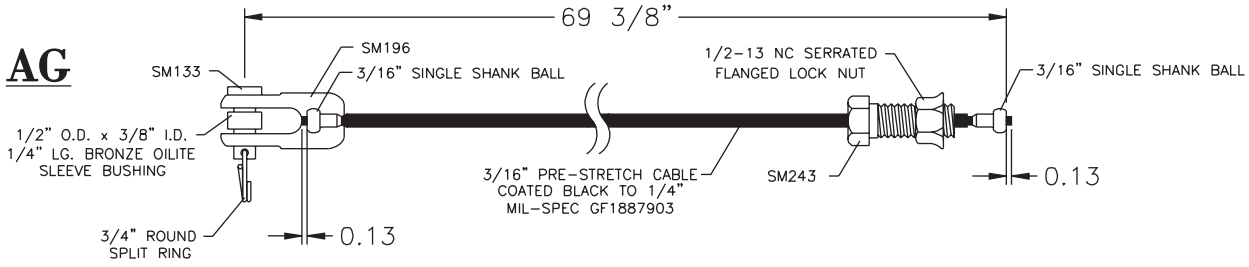
Lat Pulldown
Mid Row

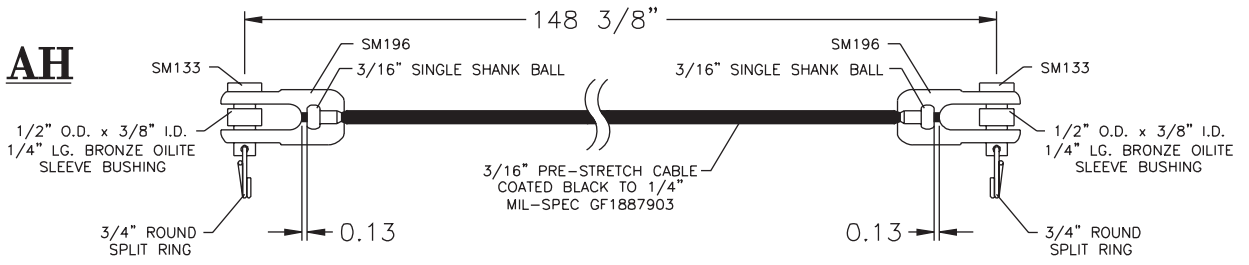


36 All Pulleys Are 4 1/2"

D200
Lat Pulldown
Mid Row







D200
PARTS LIST

Key No.	Qty.	Part Number	Description
A	1	35-SUB-D200-01L	Rear Left Upright
B	1	35-SUB-D200-01R	Rear Right Upright
C	1	35-SUB-D200-03	Main Base Assembly
D	1	35-SUB-D200-09	Lower Rear Crossmember
E	1	35-SUB-D200-10	Upper Rear Crossmember
F	1	35-SUB-D200-04	Top Tube Assembly
G	1	35-SUB-D200-02	Front Upright
H	2	35-SUB-D200-22	Top Tube Upright Gusset Plate
J	1	35-SUB-D200-05	Left Side Arm Assembly
K	1	35-SUB-D200-06	Right Side Arm Assembly
L	1	35-SUB-D200-07	Arm Assembly Crossmember
M	1	026-0100015	Arm Assembly Axle
N	2	26-STD-SP336	Pulldown Pulley Plate
P	1	35-SUB-D200-17	Chest Pad Adjuster Mount
Q	1	35-SUB-D200-12	Bottom Guide Rod Mount
R	1	35-SUB-D200-19	Rear Shield Anchor
S	1	35-SUB-D200-11	Top Guide Rod Mount
T	1	26-STD-SWTOP8	Weight Stack Top Plate And Stem
U	20	26-STD-SW104	Weight Stack 20 Lb. Intermediate Plate
V	2	26-STD-SG115	69 3/4" Guide Rod
W	2	19-WSB-1123	1 1/2" Weight Stack Bumper
X	1	35-SUB-D200-15	Chest Pad Adjuster
Y	1	35-SUB-D200-20	Chest Pad Mount
Z	1	35-SUB-D200-14	Thigh Pad Adjuster
AA	1	35-SUB-D200-16	Thigh Pad Mount
AB	1	35-SUB-D200-13	Seat Pad Adjuster
AC	2	26-STD-SU606	6" x 6" Thigh Pad
AD	1	26-STD-SU1017	10" x 17" Seat Pad
AE	1	26-STD-SU1011T	Tapered 10" x 11" Chest Pad

D200
PARTS LIST

Key No.	Qty.	Part Number	Description
AF	1	26-STD-SP340	Thigh Pad Support Plate
AG	1	26-STD-SC149	69 3/8" Mid Row Cable
AH	1	26-STD-SC150	148 3/8" Lat Pulldown Cable
AJ	1	10-STD-SX161	Shield
AK	1	35-SUB-D200-18	Weight Stack Pulley Mount
AL	1	26-STD-SX133	4 1/2" Floating Pulley Mount

D200
HARDWARE LIST

Key No.	Qty.	Part Number	Description
1	18	11-HEX-12212	1/2" x 2 1/2" Hex Bolt
2	9	11-HEX-123	1/2" x 3" Hex Bolt
3	72	13-FLT-12	1/2" Flat Washer
4	38	12-LOK-12T	1/2" Lock Nut
5	4	11-HEX-12234	1/2" x 2 3/4" Hex Bolt
6	4	11-HEX-12312	1/2" x 3 1/2" Hex Bolt
7	4	13-FLT-12SAE	1/2" SAE Flat Washer
8	2	11-FLA-121	1/2" x 1" Flat Head Bolt
9	2	14-TBW-1	1" Thrust Washer
11	2	11-HEX-12414	1/2" x 4 1/4" Hex Bolt
12	7	11-HEX-381	3/8" x 1" Hex Bolt
13	27	13-FLT-38	3/8" Flat Washer
14	8	11-HEX-516114	5/16" x 1 1/4" Hex Bolt
15	8	13-FLT-516	5/16" Flat Washer
16	1	11-HEX-38312	3/8" x 3 1/2" Hex Bolt
17	13	12-LOK-38	3/8" Lock Nut
18	1	11-HEX-383	3/8" x 3" Hex Bolt
19	1	11-HEX-12334	1/2" x 3 3/4" Hex Bolt
20	1	20-GSP-Y2505	Gas Spring
21	4	19-GRP-78COMFORT	Comfort Grip
22	2	14-BRG-MR16N	Bearing
23	4	16-CAP-112212	1 1/2" x 2 1/2" End Cap
24	1	20-GLD-38112	3/8" Adjustable Stop W/ Nut
25	4	26-STD-PLAS112	Easy Glide Seat Sleeve
26	2	26-STD-PLAS125	Easy Glide Seat Sleeve
27	3	26-STD-SM128	1/2" Short Pull Pin
28	2	14-OIL-12F	1/2" Flanged Oilite
29	1	26-STD-SM134	Weight Pin
30	1	10-LRD-12	Coil Spring
31	2	11-HEX-38(16)212	3/8" x 2 1/2" Hex Bolt

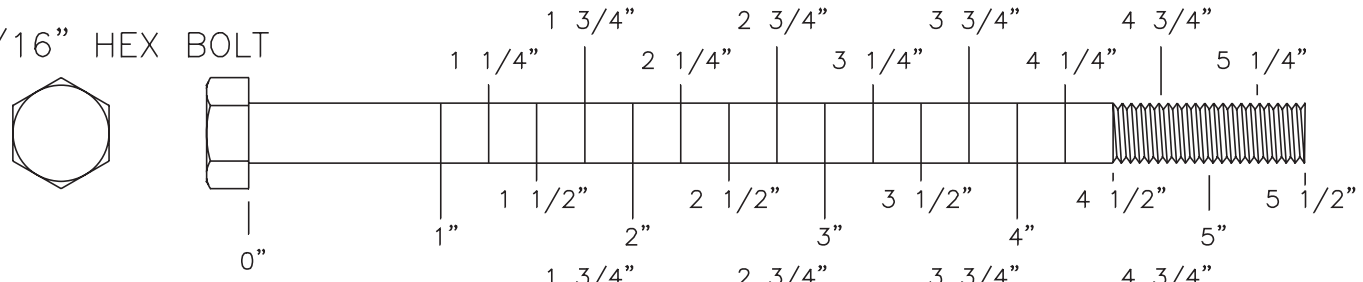
D200
HARDWARE LIST

Key No.	Qty.	Part Number	Description
32	6	26-STD-SM198	1/2" Long Flanged Pulley Spacer
33	7	11-HEX-382	3/8" x 2" Hex Bolt
34	2	11-HEX-38134	3/8" x 1 3/4" Hex Bolt
36	8	18-PUL-412	4 1/2" Pulley
37	1	16-CAP-23	2" x 3" End Cap
38	4	13-LOK-38	3/8" Lock Washer

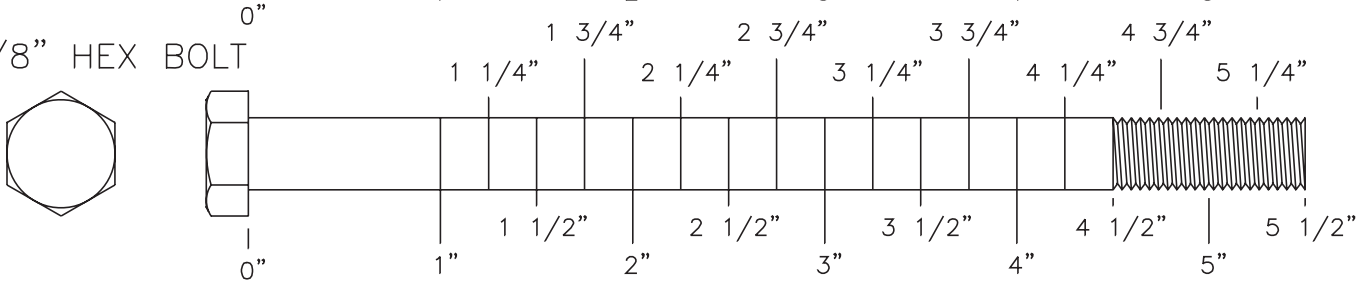
D200
Lat Pulldown
Mid Row

BOLT SIZING CHART

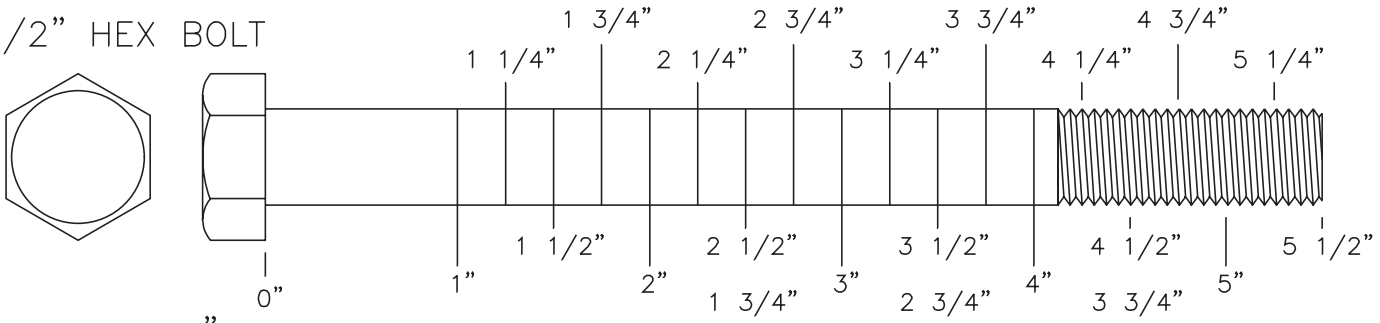
5/16" HEX BOLT



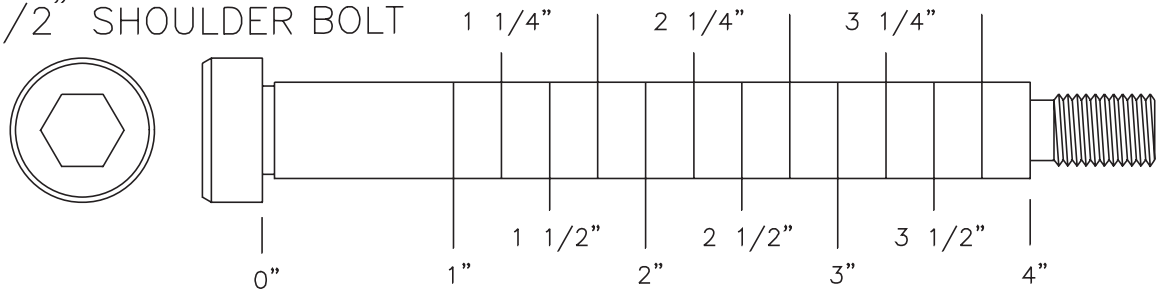
3/8" HEX BOLT



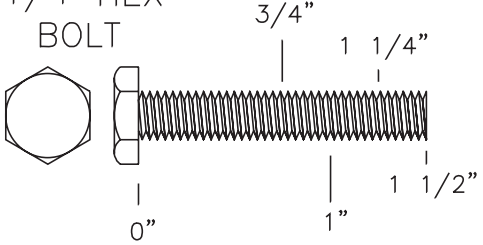
1/2" HEX BOLT



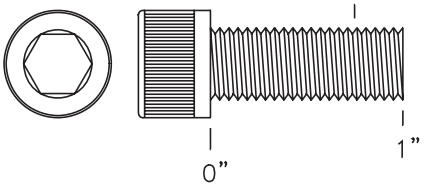
1/2" SHOULDER BOLT



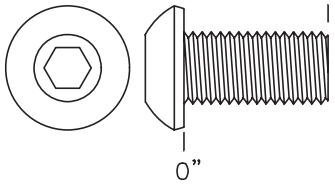
1/4" HEX BOLT



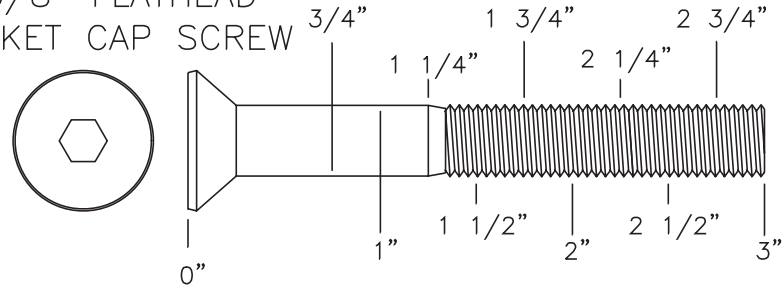
3/8" SOCKET CAP SCREW



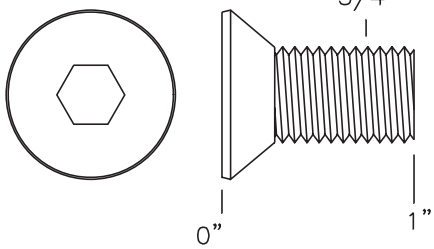
3/8" BUTTON HEAD CAP SCREW



3/8" FLATHEAD SOCKET CAP SCREW



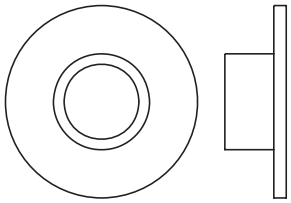
1/2" FLATHEAD SOCKET CAP SCREW



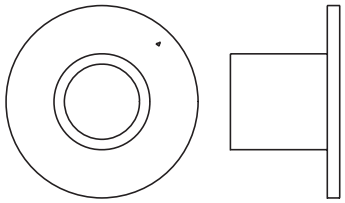
D200
Lat Pulldown
Mid Row

WASHER SIZING CHART

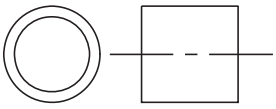
1/4" LONG FLANGED PULLEY SPACER



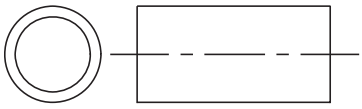
1/2" LONG FLANGED PULLEY SPACER



1/2" LONG PULLEY SPACER

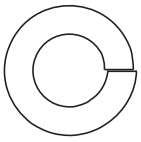


1" LONG PULLEY SPACER

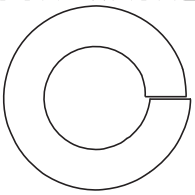


1/4" LOCK WASHER

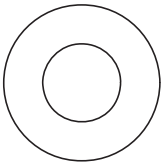
3/8" LOCK WASHER



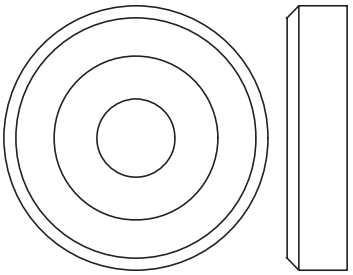
1/2" LOCK WASHER



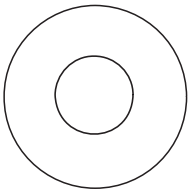
5/16" FLAT WASHER



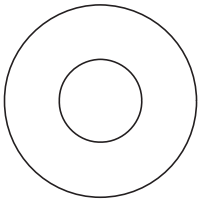
1 3/8" ALUMINUM FLATHEAD CAP



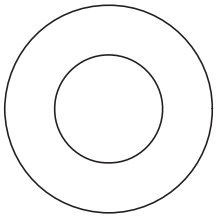
5/16" FLAT WASHER LARGE, USS, 25mm



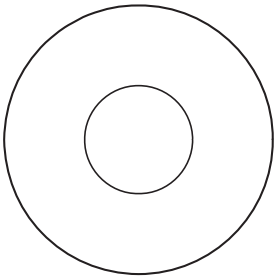
3/8" FLAT WASHER



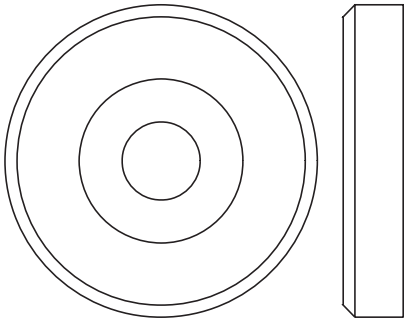
1/2" FLAT WASHER SMALL, SAE, 26mm

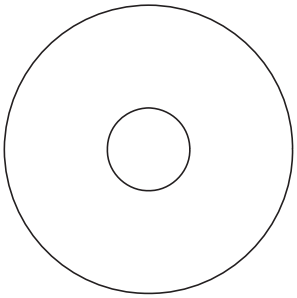


1/2" FLAT WASHER LARGE, USS, 34mm



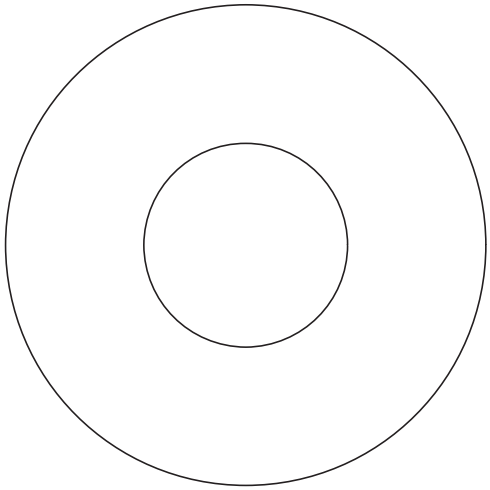
1 5/8" ALUMINUM FLATHEAD CAP



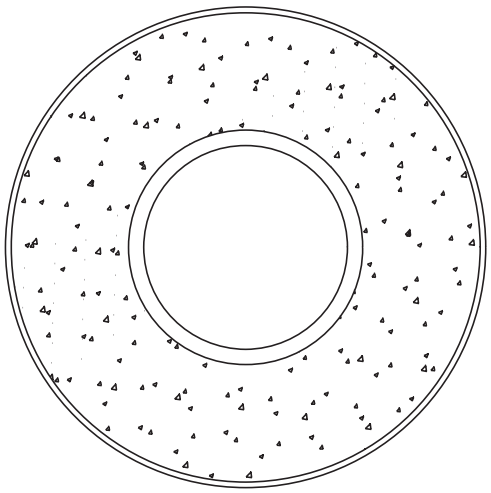


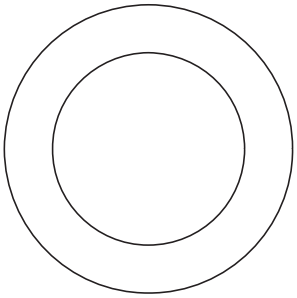
3/8" FENDER WASHER

1 1/16" FENDER WASHER



PLASTIC 1 1/16" FENDER WASHER



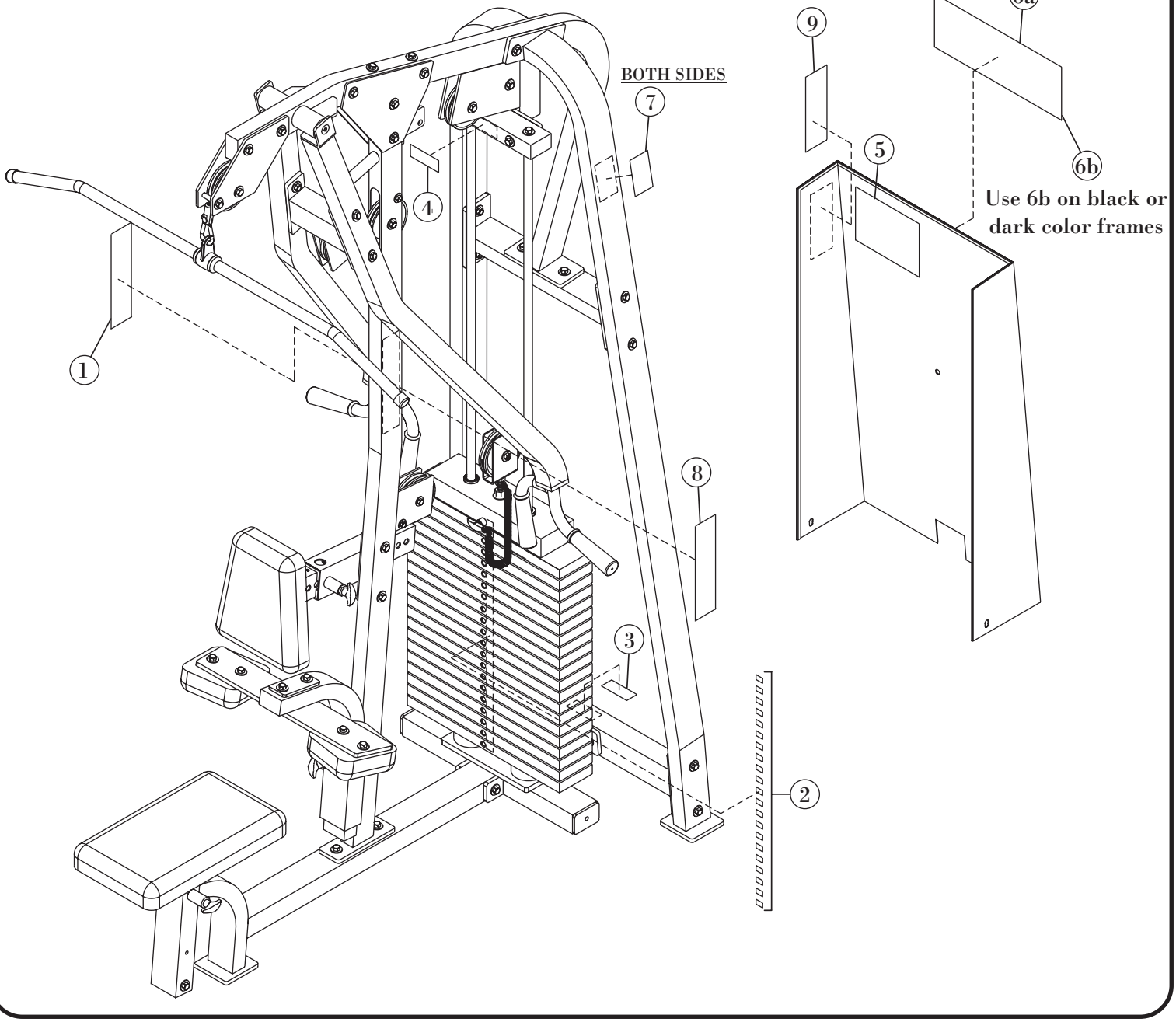


1" SHIM WASHER

D200
Lat Pulldown
Mid Row

Decal Descriptions

1 - 021-0003105
2 - 021-0003070, 021-0003071
3 - 021-0004084
4 - 021-0003052
5 - 021-0013022
6a - 021-0004026
6b - 021-0004027
7 - 021-0003058
8 - 021-0003104
9 - 021-0003280



D200
Lat Pulldown
Mid Row

DECAL REFERENCE

This decal has been attached to this piece of equipment to provide information regarding operation, safety and maintenance. Before use, take the time to read these decals.

⚠ WARNING

USE ONLY GENUINE HOIST REPLACEMENT PARTS. FAILURE TO DO SO WILL VOID WARRANTY AND COULD RESULT IN PERSONAL INJURY OR EVEN DEATH. THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT. TO MINIMIZE THE RISK ALWAYS FOLLOW THESE SIMPLE RULES.

1. READ & UNDERSTAND ALL ENCLOSED INSTRUCTIONS before using this equipment.

2. INSPECT EQUIPMENT BEFORE EACH USE. Replace all parts at the first signs of wear or damage. If in doubt about a certain part, DO NOT use the equipment until the part is replaced. Failure to replace worn or damaged parts may result in injury.

3. FOLLOW ROUTINE MAINTENANCE SCHEDULE

4. CONSULT YOUR PHYSICIAN BEFORE STARTING ANY EXERCISE PROGRAM. Warm up properly before engaging in weight resistence training. Stop exercising if you feel faint or dizzy.

5. TO PREVENT THE POSSIBILITY OF SERIOUS INJURY, KEEP CLEAR OF ALL MOVING PARTS. Do not attempt to free any jammed part by yourself. Obtain assistance in order to avoid possible injury.

6. Take your time and do not rush the exercise. Practice proper breathing, NEVER hold your breath.

7. CHILDREN SHOULD NOT BE ALLOWED TO USE THIS EQUIPMENT. To avoid possible injury, children should be kept at a safe distance when this equipment is in use. Teenagers should not use this equipment without adult supervision.

8. CALL YOUR AUTHORIZED DISTRIBUTOR if you have any questions on the proper use or maintenance of this equipment.

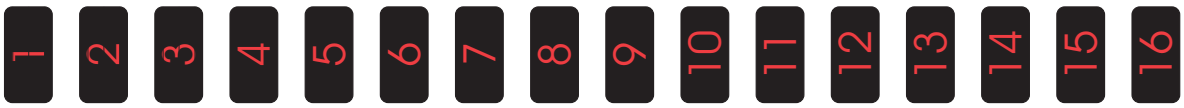
021-0003105

DUAL 200 WEIGHT CHART

SELECTED WEIGHT (Lbs)		Mid Row	Lat Pulldown	ACTUAL WEIGHT LIFTED (Lbs)	
46	(46)	1	23	28	
66	(20)	2	33	40	
86	(20)	3	43	52	
106	(20)	4	53	64	
126	(20)	5	63	76	
146	(20)	6	73	88	
166	(20)	7	83	100	
186	(20)	8	93	112	
206	(20)	9	103	124	
226	(20)	10	113	136	
246	(20)	11	123	148	
266	(20)	12	133	160	
286	(20)	13	143	172	
306	(20)	14	153	184	
326	(20)	15	163	196	
346	(20)	16	173	208	
366	(20)	17	183	220	
386	(20)	18	193	232	
406	(20)	19	203	244	
426	(20)	20	213	256	
446	(20)	21	223	268	

NOTE: The chart above shows the standard weight stack for this unit, this chart does not represent any incremental add on weights. The weights listed are approximate and have been rounded off to the nearest pound. Hoist

021-0003280



021-0003070

021-0003071

D200
Lat Pulldown
Mid Row

DECAL REFERENCE

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HOIST®
FITNESS SYSTEMS
1-800-548-5438
www.hoistfitness.com
02D-00000

021-0004084

SERIAL # DECAL; Always refer to the number Shown on your piece of equipment when talking to customer service or ordering parts.

Dual 200

021-0003052

D200
Lat Pulldown
Mid Row

DECAL REFERENCE

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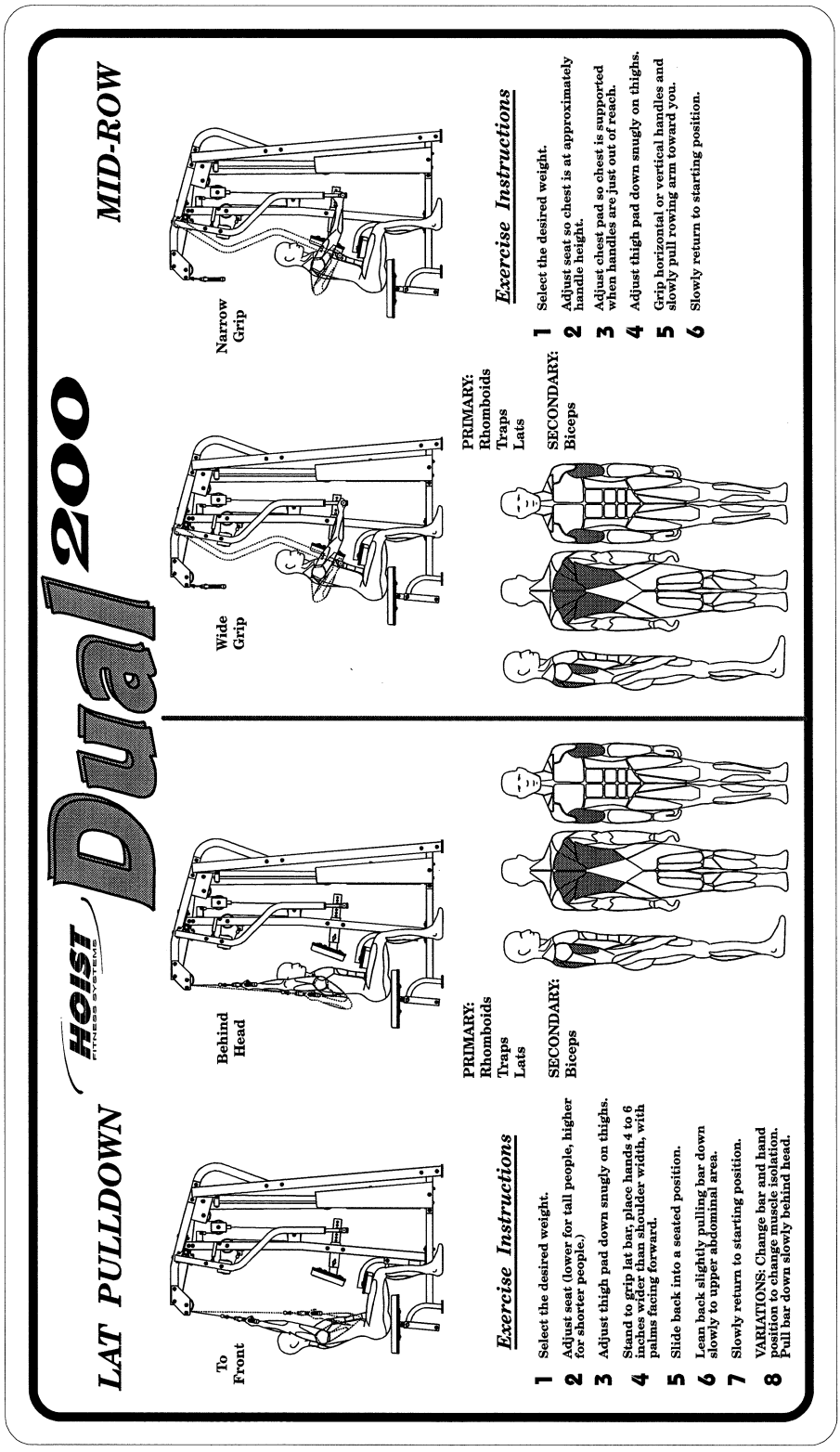
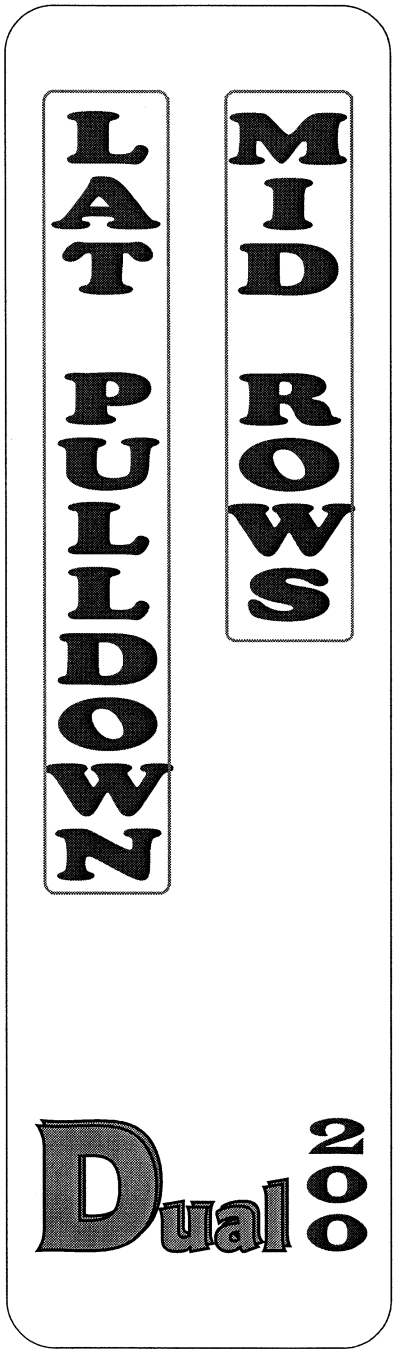

LAT PULLDOWN
MID-ROW
Hoist FITNESS SYSTEMS
Dual 200
To Front
Behind Head
Narrow Grip
Wide Grip
PRIMARY:
Rhomboids
Traps
Lats
SECONDARY:
Biceps
Exercise Instructions
1 Select the desired weight.
2 Adjust seat (lower for tall people, higher for shorter people.)
3 Adjust thigh pad down snugly on thighs.
4 Stand to grip lat bar, place hands 4 to 6 inches wider than shoulder width, with palms facing forward.
5 Slide back into a seated position.
6 Lean back slightly pulling bar down slowly to upper abdominal area.
7 Slowly return to starting position.
8 VARIATIONS: Change bar and hand position to change muscle isolation. Pull bar down slowly behind head.
PRIMARY:
Rhomboids
Traps
Lats
SECONDARY:
Biceps
Exercise Instructions
1 Select the desired weight.
2 Adjust seat so chest is at approximately handle height.
3 Adjust chest pad so chest is supported when handles are just out of reach.
4 Adjust thigh pad down snugly on thighs.
5 Grip horizontal or vertical handles and slowly pull rowing arm toward you.
6 Slowly return to starting position.

021-0013022



021-0003058

D200
Lat Pulldown
Mid Row

DECAL REFERENCE

This decal has been attached to this piece of equipment to provide information regarding operation, safety and maintenance. Before use, take the time to read these decals.

021-0004027

021-0004026

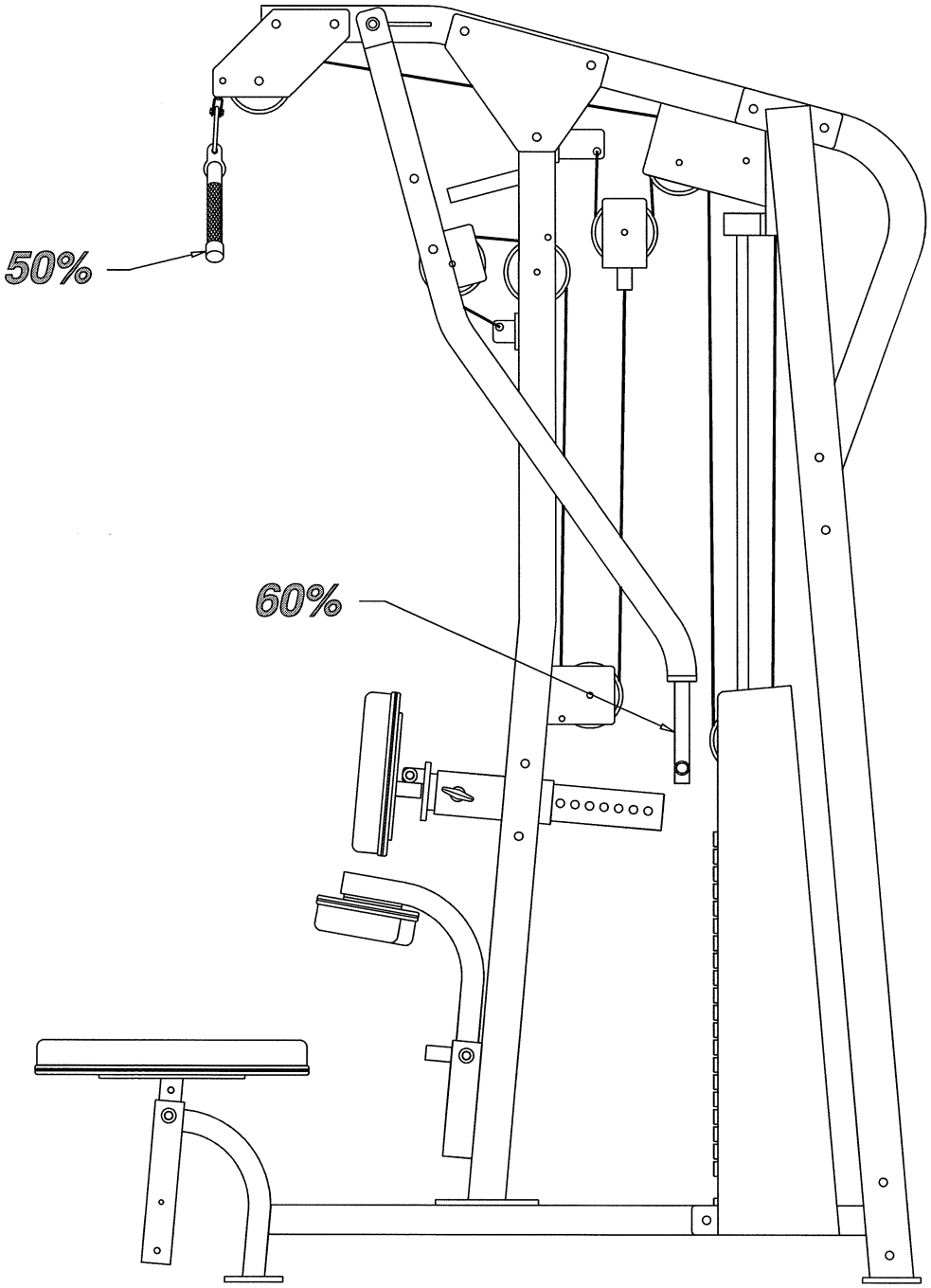
NOTICE

COMMERCIAL MAINTENANCE	Daily	Weekly	Monthly	3 Months	Yearly
Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	X				
Clean; Upholstery	X				
Inspect; Cables or Belts and their tension	X				
Inspect; Accessory Bars and Handles		X			
Inspect; All Decals		X			
Inspect; All nuts and Bolts Tighten if Needed.		X			
Inspect; Anti-Skid Surfaces		X			
Clean & Lubricate; Guide Rods with a Teflon (PTFE) based lubricant (Superlube)			X		
Lubricate; Seat Sleeves, Turcite Bushings, Linear Bearing			X		
Clean & Wax; All Glossy Finishes				X	
Repack with Grease Linear Bearings				X	
Replace; Cables, Belts and Connecting Parts.					X

021-0003104

D200
Lat Pulldown
Mid Row

WEIGHT RATIOS



	100%	60%	50%
1	40	24	20
2	60	36	30
3	80	48	40
4	100	60	50
5	120	72	60
6	140	84	70
7	160	96	80
8	180	108	90
9	200	120	100
10	220	132	110
11	240	144	120
12	260	156	130
13	280	168	140
14	300	180	150
15	320	192	160
16	340	204	170
17	360	216	180
18	380	228	190
19	400	240	200
20	420	252	210
21	440	264	220

The above chart shows the actual weight you are lifting when the ratios are applied. To find the actual weight you are lifting you would come down from the ratio being used and across from the number of the weight plate you have pinned.

WEIGHT TRAINING TIPS

Always consult your physician before starting any exercise program.

Hoist equipment is designed to maximize your time spent working out. Having an exercise routine planned out in advance will allow you to get the most benefit out of the time spent exercising, and will also enable you to work all the major muscle groups.

Warm up properly before engaging in weight resistance training. Stretching, yoga, jogging, calisthenics or other cardiovascular exercise can help prepare your body for the heavier workload of lifting weights.

Learn how to perform the exercise correctly before using heavy weight. Correct form is important to avoid injury and to ensure that you work the proper muscle groups.

Know your limitations. If you are new to weight training or are embarking on an exercise regimen after a long layoff, start slowly and build foundational strength over a longer period of time.

Pay attention to your breathing. Exhale when you exert is a general rule of thumb. Never hold your breath.

D200

Lat Pulldown
Mid Row

Weight Training Exercise Log

S=Sets R=Repetition per set W=Weight used

Date																																
Exercise	S	R	W	S	R	W	S	R	W	S	R	W	S	R	W	S	R	W	S	R	W	S	R	W	S	R	W	S	R	W	S	R	W
Totals																																	

HOIST FITNESS SYSTEMS
GENERAL MAINTENANCE INFORMATION

Links, Pull-Pins, Snap Locks, Swivels, Weight Stack Pins:

* *Check all pieces for signs of visible wear or damage.*

* *Check springs in snap hooks and pull-pins for proper tension and alignment.*

* *If the spring sticks or has lost its rigidity, replace it immediately.*

Upholstery:

* *To ensure prolonged upholstery life and proper hygiene, all upholstered pads should be wiped down with a damp cloth after every workout.*

* *Periodically take the time to use a mild soap or an approved vinyl upholstery cleaner to deter the onset of cracking or drying. Avoid using any abrasive cleaners or cleaners not intended for use on vinyl.*

* *Replace ripped or worn upholstery immediately.*

* *Keep sharp or pointed objects clear of all upholstery.*

Guide Rods:

* *Wipe clean with a clean, dust free rag.*

* *If lubrication is required, lube with Waylube Oil ONLY or damage to the Top Weight Bearing may occur.*

* *DO NOT repeatedly clean the shafting with alcohol or any other stripping cleanser! The Top Weight Bearing transfers a gliding material to the guide rods. Cleaning other than wiping with a clean, dust free rag will remove the previously transferred material and increase the wear to the Bearing Liner.*

Decals:

* *Inspect and familiarized yourself with any safety warnings or other user information posted on each decal.*

Nuts and Bolts:

* *Inspect all nuts and bolts for any loosening and tighten if needed.*

* *Go through a re-tightening sequence periodically to ensure that all hardware is tensioned properly.*

Belts and Cables:

* *Hoist uses only high quality belts, and mil-spec cables.*

* *Visually inspect the belts and cables for fraying, cracking, peeling or discoloration.*

* *While the machine is not in use, carefully run your fingers along the belt or cable to feel for thinning or bulging areas.*

* *Replace belts and cables immediately at the first signs of damage or wear. Do not use equipment until belts or cables have been replaced.*

Continued: GENERAL MAINTENANCE INFORMATION

Belt and Cable Tension:

* *Referring to the Assembly/Owners Manual, when belts or cables are used check all bolts and attachments to be sure they are properly attached.*

* *Check slack in belts or cables and readjust tension if needed.*

Seat Sleeves & Oilites:

* *Wipe down adjusting tubes with a dust free rag before applying lubricant.*

* *Lubricate seat sleeves and oilites with a silicon or Teflon based lubricant spray.*

Linear Bearings:

* *Referring to the Assembly/ Owners manual carefully dis-assemble the bearing from its housing and place a finger full of light grease (lithium, super lube, etc.) into the inside of the bearing. Using your finger, press the grease into the ball-bearings and their tracks. Repeat until the ball-bearing tracks are full of grease. Insert the shaft back into the bearing and wipe off excess grease.*

Anti-Skid Surfaces:

* *These surfaces are designed to supply secure footing and need to be replaced if they appear worn or become slippery.*

PLEASE KEEP THIS FOR YOUR RECORDS.

D200
Lat Pulldown
Mid Row

MAINTENANCE SCHEDULE

ROUTINE	*COMMERCIAL MAINTENANCE*	*HOME MAINTENANCE*	*LATEST DATE ENTRY*							
Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	DAILY	WEEKLY								
Clean; Upholstery	DAILY	WEEKLY								
Inspect; Cables or Belts and their tension	DAILY	WEEKLY								
Inspect; Accessory Bars and Handles	WEEKLY	3 MONTHS								
Inspect; All Decals	WEEKLY	3 MONTHS								
Inspect; All Nuts and Bolts, Tighten if Needed	WEEKLY	3 MONTHS								
Inspect; Anti-Skid Surfaces	WEEKLY	3 MONTHS								
Clean & Lubricate; Guide Rods with a Teflon (PTFE) based lubricant (Superlube)	MONTHLY	3 MONTHS								
Lubricate; Seat Sleeves, Turcite Bushings, Linear Bearing	MONTHLY	3 MONTHS								
Clean and Wax; All Glossy Finishes	6 MONTHS	YEARLY								
Repack with Grease; Linear Bearings	6 MONTHS	YEARLY								
Replace; Cables, Belts and Connecting Parts	YEARLY	3 YEARS								

Your equipment comes with a commercial maintenance decal.
For personal, in home use, please follow the home maintenance schedule listed above.

D200
Lat Pulldown
Mid Row

HOIST FITNESS SYSTEMS
LIMITED LIFETIME WARRANTY

Hoist Fitness Systems warrants this product to the **original purchaser** to be free from defects in workmanship and/or materials under normal use or service. If at any time a component part is defective, Hoist Fitness Systems shall repair or replace it (at Hoist Fitness Systems option) within a reasonable period of time. This warranty does not cover costs of removal. transportation or reinstallation. This warranty shall not apply if the defect was caused by misuse, neglect or normal wear and tear.

Starting from the original date of purchase, normal wear and tear shall be considered as the following:

COMMERCIAL USE: All malfunctions of upholstery, grips, paint, and chrome that occur after 180 days; all malfunctions of electronic components, belts or cables that occur after one year; all malfunctions of pulleys, bearings, or bushings that occur after five years. The frame and all welded components are warranted for the life of the product.

IN HOME USE: All malfunctions of grips, paint, and chrome that occur after one year; all malfunctions of electronic components, belts or cables, and upholstery that occur after three years; all malfunctions of pulleys, bearings, or bushings that occur after five years. The frame and all welded components are warranted for the life of the product.

Hoist Fitness Systems sole responsibility shall be to repair or replace the component within the terms stated above. Hoist Fitness Systems shall not be liable for any loss or damage of any kind including any incidental or consequential damages resulting, directly or indirectly from any warranty expressed or implied or any other failure of this product.

WHAT IS NOT COVERED BY THIS WARRANTY

Hoist's sole obligation under this warranty is limited to either repair or replacement of parts, subject to the additions below. This warranty neither assumes nor authorizes any person to assume obligations other than expressly covered by this warranty.
NO CONSEQUENTIAL DAMAGES. Hoist is not responsible for economic loss; profit loss; or special, indirect, or consequential

WARRANTY IS NOT TRANSFERABLE. This warranty is not assignable and applies only in favor of the original purchaser/user to whom delivered. Any such assignment or transfer shall void the warranties herein made and shall void all warranties, expressed, implied or statutory, except the one (1) and (5) year warranty described above. These warranties are exclusive and in lieu of all other warranties, including implied warranty and merchantability or fitness for a particular purpose. There are no warranties which extend beyond the description on the face hereof.

ALTERATION, NEGLECT, ABUSE, MISUSE, NORMAL WEAR & TEAR, ACCIDENT, DAMAGE DURING TRANSIT OR INSTALLATION FIRE, FLOOD, ACTS OF GOD . Hoist is not responsible for the repair or replacement of any parts that Hoist determines have been subjected after the date of manufacture to alteration, neglect, abuse, misuse, normal wear & tear, accident, damage during transit or installation, fire, flood, or an **ACT OF GOD**.

TRANSPORTATION COSTS . Hoist will accept parts covered under this warranty freight collect, provided that shipment has received prior approval. Hoist is not responsible for any other transportation costs, but will ship freight collect parts either repaired or replaced under these warranties.

WARRANTY CLAIMS. All claims should include: model number, the serial number, proof of purchase, date of installation, and all pertinent information supporting the existence of the alleged defect.

Hoist Fitness Systems
9990 Empire St. #130
San Diego, Calif. 92126
(800)548-5438

Web Site - www.hoistfitness.com

PLEASE KEEP THIS FOR YOUR RECORDS